Adapted Physical Education possible resources and community partners

ORGANIZATIONS

American Trails - Accessible Trails Resources

How has the Americans with Disabilities Act (ADA) affected trails and greenways?

Arc of King County

The Arc of King County advocates for the right of individuals with intellectual and developmental disabilities to live, learn, work and play in the community - improving the quality of life for all of us.

http://arcofkingcounty.org/

Children's Hospital

Disabled Sports USA--Disability Related Sports & Recreation Links

Comprehensive list of sports and recreation links from a nonprofit organization dedicated to improving access to recreation and sports for people with disabilities.

Lighthouse for the Blind

The Lighthouse for the Blind, Inc. is a private, not-for-profit social enterprise providing employment, support, and training opportunities for people who are blind, Deaf-Blind, and blind with other disabilities http://seattlelighthouse.org/

OSPI

State of Washington Office of Superintendent of Public Instruction http://www.k12.wa.us/SpecialEd/default.aspx

Pet Partners

Formerly Delta Society, is a 501(c)(3)non-profit organization that helps people live healthier and happier lives by incorporating therapy, service and companion animals into their lives.

http://www.petpartners.org/Page.aspx?pid=183

University of Washington:

Applied Research Unit. University of Washington faculty and researchers build on 50 years of innovation in early childhood and special education, continually identifying and developing new approaches to working with children.

Experimental Education Unit. With its 10 inclusive classrooms, test and therapy facilities and family support program, the EEU provides a platform for university research while, at the same time, serving the needs of children and families in the region.

<u>Professional Development Unit</u>. Consultants and trainers at the PDU work with professionals throughout Washington state and beyond. Through workshops,

training programs and direct assistance, the PDU makes the high quality services of the EEU available to children everywhere.

http://depts.washington.edu/chdd/ucedd/eeu 7/7 eeumain.html

University of Washington DO-IT program

DO-IT Scholars are college-capable high school students with disabilities who have leadership potential. DO-IT Scholars learn to select and use adaptive technology, software, and online resources. They experience college life on a university campus in the summer, exploring academics and careers. Throughout the year, they network with peers and working professionals with disabilities; learn reasonable accommodations in school and the workplace; and participate in leadership opportunities that promote accessible environments, worksites, and community activities.

http://www.washington.edu/doit/Brochures/overview.html

Washington State Accessible Outdoor Recreation Guide

Find all accessible parks and recreation opportunities in Washington State. http://www.parks.wa.gov/156/ADA-Recreation

Washington Trails Article - "Accessible Trails"

Information and resources regarding opportunities and difficulties with accessible trails in Washington State.

http://www.wta.org/magazine/WA TRAILS 07 09 FEATURE ACCESSIBLE.pdf

Wheelchair Athletes

News and articles regarding the various sports that wheelchair athletes are involved in. http://www.1800wheelchair.ca/news/post/wheelchair-athletes.aspx

Vendors

Disabled Sports USA -- Equipment List

Comprehensive list of adaptive equipment for various sports with names of manufacturers from a nonprofit organization dedicated to improving access to recreation and sports for people with disabilities.

Adaptive Outdoorsman

Provides hunting, fishing and camping equipment for people with disabilities.

Phone: 1-614-923-9668

Email: <u>info@adaptiveoutdoorsman.com</u>

Bike Tech Olympia

Modifies bikes for people with disabilities. Bike Tech has locations in Tacoma and Puyallup as well.

1931 East 4th Ave,

Olympia, WA 98506-4631 Phone: 360-754-2453 Contact: Dale Carlson Phone: 360-791-4001

Email: <u>dale@biketechonline.com</u>
Website: <u>www.BikeTechOnline.com</u>

Creative Mobility

On line catalogue - Adaptive Bike Specialists

Don Kreb's Access to Recreation

Adaptive wheelchair and recreational equipment for people with disabilities.

Phone: 1-800-624-4351

Renegade Wheelchairs

Renegade All-Terrain Wheelchairs offer the user a 8-speed geared advantage over traditional wheelchairs. Shifting into lower gears for mud, sand and snow, gives the user the freedom to go where they have not been able to go with traditional wheelchairs.

Phone: 1-800-640-7200

http://www.biketechonline.com/Sportaid

Sportaid has a large selection of sports wheelchairs and wheelchair accessories. They are a reputable supplier of wheelchairs and accessories and provide pictures and prices in their catalog with secure on-line ordering. Sportaid provides racing wheelchairs, rugby wheelchairs and all sorts of independent living resources, as well as a large variety of quality wheelchair cushions.

78 Bay Creek Rd. Loganville, GA 30052 Phone: 1-800-743-7203 Email: stuff@sportaid.com

Funding for Sports & Recreation Equipment

Most adaptive sports and recreation equipment is funded through personal resources. Low interest loans for such equipment are available through the Washington Assistive Technology Foundation.

Washington Access Fund

100 South King, Suite 280,

Seattle, Wa. 98104 Phone: 206-328-5116 Toll Free: 1-800-214-8731 TTY: 1-866-866-0162

Email: info@washingtonaccessfund.org

Clubs & Programs

In addition to programs listed below, check with your city or county Parks

Departments regarding opportunities for participation in wheelchair sports and other specifically targeted programs plus the availability of adaptive equipment to facilitate participation in other Park Department activities.

National Directory of Sports Organizations for Individuals with Disabilities

A comprehensive directory of sports organization for people with disabilities compiled by The ILRU (Independent Living Research Utilization) program which is a national center for information, training, research, and technical assistance in independent living.

C.A.S.T. Catch A Special Thrill-

http://www.castforkids.org/programs/

The C.A.S.T. program provides one day fishing and boating events designed to accommodate children with a wide range of special needs.

These adaptive events create a Least Restrictive Environment where anyone can achieve success and increase awareness regarding the abilities of populations with specials needs.

Jim Owens Executive Director 297 S.W. 41st St. Renton, WA 98057 (425) 251-3214

Camp Casey

Camp Casey is a week long summer camp for children ages 6-17 who have physical disabilities

http://www.campcasey.org/

CIS – Aquatic Therapy Services

Community Integration Services provides aquatic experiences for people of all ages who have special developmental or physical needs. We help our clients access community pool facilities for recreation, rehabilitation, and general fitness. Through adaptive equipment, personalized instructions, and the healing powers of the water, our clients experience greater independence and enjoyment of life. 704 228th Ave. NE Box 745

Sammamish, WA 98074 Phone: 425-830-7746

Disabled Sports USA

A national nonprofit organization established in 1967 by disabled Vietnam veterans to serve the war injured. DS/USA now offers nationwide sports rehabilitation programs to anyone with a permanent disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. Participants include those with visual impairments, amputations, spinal cord injury, dwarfism, multiple sclerosis, head injury, cerebral palsy, and other neuromuscular and orthopedic conditions.

Email: Information@dsusa.org

Friendship Adventures

Recreation, education and leisure activities for people with developmental disabilities.

9805 NE 116th Street, PMB #A185

Kirkland, WA 98034 Phone: 425-444-3132

Email: info@friendshipadventures.org

FLYING

Flying Programs through the Museum of Flight including ones for youth with disabilities www.museumofflight.org/ace (ACE Program)

Footloose Sailing Association

Sailing club with adaptive equipment providing access to sailing for individuals with disabilities.

Bob Ewing

4509 Interlake Ave. N #142

Seattle, WA 98103 Phone: 206-382-2680

Email: info@footloosesailing.org

M Bar C Ranch

The M-Bar-C Ranch conducts a Ranch Experience Program for children who have a variety of special needs – physical, mental, emotional and/or financial. http://m-bar-c.org/

Northwest Handcycling Club

Hosts rides in the Seattle area for all ages and levels of handcyclers, from the beginning recreational rider to the competitive athlete.

Ron Bajadali

2612 E. Thomas St. Seattle, WA 98112 Phone: 206-329-9400 Email: ronb@nwcclub.com

NW Chapter of The Paralyzed Veterans of America

Provides opportunities for sports, recreation, service and camaraderie for paralyzed veterans. Sports include fishing, hunting, and shooting.

Tom Knoppi

616 SW 152nd Street, Suite B

Burien, WA 98166 Phone: 206-241-1843 Fax: 206-433-0749

Email: chapteroffice@nwpva.org

Outdoors For All Foundation

The Outdoors For All Foundation's mission is to improve the quality of life of people with disabilities by providing opportunities to participate in year-round outdoor recreational. It offers a wide range of programs, including snow sports, cycling, kayaking, hiking, rock climbing, and more. They maintain a large fleet of adaptive bicycles and may be able to help people select equipment to purchase with an Access Fund loan.

Administrative Office 2 Nickerson Street, Suite 101 Seattle, WA 98109-1652 Program Office & Equipment Rentals 6344 NE 74th Street, Suite 102 Seattle, WA 98115

Phone: 206-838-6030

Email: info@outdoorsforall.org

Pocock Rowing Center

The Pocock Rowing Center is the premier rowing facility in the Northwest. From complete beginners to Olympians, the PRC offers multiple programs and opportunities to allow easy and comprehensive access to the act of rowing and the sport of crew for all skills, ages, and physical abilities.

http://www.pocockrowingcenter.org/index.html

Phone: (206) 328-0778 3320 Fuhrman Ave E Seattle, WA 98102

Power Soccer

Soccer for all ages and disabilities with focus on power chair users.

Puget Sound Contact: Marlo & David Thompson

Phone: 253-566-2251

Outside Puget Sound Contact: Jerry Frick

Phone: 770-622-2121 ext 243

Email: theiers@aol.com

Puget Sound Regional Ski for Light

The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

Ski for Light, Inc.

Trollhaugen Sons of Norway Lodge, Erling Stordahl Snow Park

Stampede Pass, Washington

Contact: Doug Sundberg at: 206-297-7579

Co-Presidents, Maida & Rudy Poitinger at: (253) 631-7904

Website: http://sfl.org

http://www.sonsofnorway2.com/skiforlight.html

http://www.sfl.org/regional.html#PSRSFL

Pushing Boundaries

Washington's only facility providing long term, intensive exercise therapy for those who are paralyzed due to illness or injury; support for their caregivers through education, counseling and training, and education to the medical, academic and general community through workshops and presentations.

4162 148th Ave. NE Redmond, WA 98052 Phone: 425-869-9506 Fax: 425-869-9482

E-mail: info@pushing-boundaries.org

Recreation and Conservation Office

Rory D. Calhoun, Recreation Accessibility Specialist

Phone: 360-902-3022

1111 Washington Street SE

P.O. Box 40917

Olympia, Washington 98504-0917 E-mail: rory.calhoun@rco.wa.gov.

Robinswood Tennis Center--Adaptive Tennis & Wheelchair Tennis

Robinswood offers beginning to advanced tennis lessons for people with disabilities. Dates and times vary please contact them for more info. No equipment or prior experience is necessary. Competitive wheelchair tennis also is offered by the United States Tennis Association (USTA).

P.O. Box 90012 2400 151st Place SE Bellevue WA 98009-9012 Phone: 425-452-7690

Email: pgill@ci.bellevue.wa.us

Sammamish Rowing Association

The Sammamish Rowing Association (SRA) offers an adaptive rowing program for persons with leg and back restrictions, including those with SCI at T8 or below. Both recreational and competitive opportunities are available.

PO Box 52745

Bellevue, WA 98015-2745 Phone: 425-653-2583

Email: Director@srarowing.com

Seattle Adaptive Sports

Sports and recreational programs for physically challenged individuals.

Tammy English, Executive Director

1111 E Madison #137 Seattle, WA 98122 Phone: 253.297.5389 Email: info@seattleadaptivesports.org

Seattle Slam - Wheelchair Rugby Association

Quad rugby is an exciting, full-contact wheelchair sport. Players must have a combination of upper and lower extremity impairment to be eligible to participate. Most of the players have sustained spinal injuries and have some type of quadriplegia as a result.

324 15th Ave. E., Suite 203

Seattle, WA 98112 Phone: 206-650-4264

Email: info@seattleslam.org

Special Olympics Washington

Specialolympicswashington.org

Main Number: (206) 362-4949 Fax Number: (206) 361-8158

Email: info@sowa.org Mailing Address: 1809 7th Ave. Suite 1509

Seattle, WA. 98101

TOPS SOCCER

Washington Fencing Academy

The Washington Fencing Academy was founded with the belief that every person who decides to try fencing has the opportunity to be successful in the sport, whatever their athletic ability or fitness level may be, and whether they want to be competitive, recreational, or both. Furthermore, it is the academy's responsibility and commitment to each individual to help them understand, realize, and achieve the goals that, for them, equates to "success."

830 Pike Street, #A4 Auburn, WA 98002 Phone: 425-577-4761 Fax: 425-837-8055

Email: info@washingtonfencing.com

Washington State Accessible Outdoor Recreation Guide

The accessible sites listed in this guide are managed by the Washington State Parks and Recreation Commission, the Washington Department of Natural Resources, the Washington Department of Fish and Wildlife, and the United States Department of Agriculture (USDA) Forest Service, and the Olympic National Park.

Washington State Parks Reduced Cost Passes

Four passes offered by Washington State Parks reduce or waive camping,

moorage and watercraft launch fees for limited income senior citizens, disabled veterans and people with disabilities. These passes are valid only at Washington state parks.

Wilderness Inquiry (WI)

Non-profit organization that focuses on getting people from all walks of life to personally experience the natural world, including many with disabilities. Adventures include canoeing, kayaking, hiking, dog sledding, rafting and horse packing in the U.S. and abroad. Financial assistance is available. 808 14th AVE SE

Minneapolis, MN 55414-1516

Phone: 612-676-9400 Toll Free: 800-728-0719

Email: info@wildernessinguiry.org

One reference

Sports & Recreation Websites from personal connections and http://www.washingtonaccessfund.org/resources/sports rec.php

Parks/Play Structures/Indoor Play Areas

Seattle Children's Playgarden

- This fully-accessible public playground engages kids with Down syndrome, autism, cerebral palsy, hearing or vision impairments or other disabilities in ways a typical playground does not. There's a real veggie and flower garden to dig in and explore, chickens in a coop, a tree fort, a foam play area and rock scramble, indoor learning facilities and more. Everything is fenced in (a huge relief for parents of kids of the autism spectrum). Like most public city parks, the playground is ADA-accessible but takes the concept of accessibility a step further as it was designed specifically with kids in wheelchairs in mind, from countertop heights to playground equipment.
- **Hours and cost:** The Seattle Children's Playgarden is free and open to the public year-round after 2 p.m. on weekdays and all day on weekends.
- Location: 1745 24th Avenue S. in Seattle, 206-325-5576

Seattle Sensory Garden, Rose Garden

• Located in the northeast corner of the Rose Garden at Woodland Park Zoo, the Seattle Sensory Garden is an oasis in the city. The garden's design and features stimulate the senses of sight, sound, touch and movement — all based on the concept that kids with impairment of one or more of their five senses may find special enjoyment here because they may have enhanced perception of their other

senses. You'll move through the garden on accessible pathways and pass-raised beds, Braille guides, water features, places to hide and climb as well as sensory plantings. **Cost:** free and the garden is open to the public **Location:** 700 N. 50th St. in Seattle, 206-999-8370

Miner's Corner

• A large fully accessible playground with sand and water play habitat is set into an existing woodland at the park core. The play space provides unique, universally accessible and safe play experiences for children of all ages and abilities. It offers children and adults the opportunity to engage the senses and interact with nature. Cost: Free! Location: 22903 45th Ave S.E., Bothell, WA

Jefferson Park

• This Park has a great new play structure, a small zip line, and a splash pad. Location: 3801 Beacon Ave S, Seattle, WA

PlayDate SEA

- We are an 8,500 sqft indoor playground with an attached cafe for parents and 3 private party rooms for your special celebrations. Our structure features interactive dance floors, climbing, crawling and a variety of other activities meant to stimulate your children. We have a separate toddler area and a main area that is recommended for children up to 14 years of age.
- Hours: 9am-8pm Sunday-Thursday and 9am-9pm Friday-Saturday
- Location: 1275 Mercer St Seattle, WA 98109
- Cost: ranges between \$5-\$12. See website for details
- Website: http://www.playdatesea.com

FEAT Washington Super Saturdays

- <u>FEAT</u> stands for Families for Effective Autism Treatment, an organization that fills a critical role of information and support for families that have children with autism spectrum disorders. One way they support families is through <u>Super Saturdays</u>, a program for kids ages 3-10 that promotes productive social interaction between children with autism and their typically-developing siblings. These sessions also strive to provide parents with a much-needed respite. Super Saturdays are staffed by trained and dedicated FEAT volunteers. Sessions run from 10 a.m.-1 p.m., and include supervised play in the gym, themed activities, and structured play
- **Hours:** The exact location (community centers in Bellevue, Sumner and University Place) varies week by week, as well as the age range served. Advanced registration is required.
- Cost: cost is \$10 per child.
- **Website:** http://www.featwa.org/super-saturdays/

Fun Zone Indoor Inflatable Playground

- Looking for something fun and active to do with your kids, but want to stay inside? The Arena Sports Fun Zone indoor inflatable playground is here to help your kids burn off lots of energy! Kids ages 18 months to 12 years old have a blast running, jumping and sliding their way to fun.
- **Hours**:10am-1pm & 4:30pm-8pm Tuesday-Sunday
- Cost: \$9 per child
- Location: 7751 63rd Ave NE Seattle, WA 98115 (located inside Arena Sports)
- Website: http://www.arenasports.net/fun-zone-inflatable-playground

SkyMania Trampolines

- Cost: 30-min jump: \$8 or 60-min jump: \$11
- Location: 11801 NE 116th St, Kirkland, WA 98034
- **Website:** www.skymaniatrampolines.com

Hands on Children's Museum

- This popular museum, located in Olympia, just reopened last year and is now the largest children's museum in the Pacific Northwest! Among the best sensory exhibits are the "The Good for You" gallery, which has a garden that kids can harvest in summer, and the "Move It!" gallery, where a wind tunnel, flying and building station, and 25-foot air maze encourage physical play and gross motor movement. Finally, explore the Outdoor Discovery Center's hiking trail, lighthouse lookout, working garden and naturalist cabin.
- **Cost:** \$10.95 for Ages 1-61
- **Hours:** Tuesday–Saturday, 10–5 p.m.; Sunday–Monday, 11–5 p.m
- Location: 414 Jefferson St. NE, Olympia, WA
- Website: http://www.hocm.org/

Seattle Bouldering Project

- The Seattle Bouldering Project offers a range of climbing classes to introduce you to the sport and to help develop techniques for strong and skilled climbing. Led by our experienced staff of coaches and teachers, these classes are designed to integrate both quality instruction and physical challenge. The Seattle Bouldering Project youth programs offer fun, experiential learning—guiding students to develop healthy lifestyles and positive individual development at a young age.
- Cost: Varies.
- Location: 900 Poplar Pl S Seattle, WA 98144
- Website: http://www.seattleboulderingproject.com/index.html

Summer Camps/Classes

Another web site with many summer camps including many for a variety of special needs kids: www.mysummercamps.com (listed by state and specific disability)

SANCA

• SANCA Circus day camps allow students to develop physical skills, increase confidence, build self-esteem and get physically fit while having fun. **No previous experience necessary to enroll in circus camps.** SANCA offers an extensive day camp program for children age 6 & up. Our student to instructor ratio is 8:1 for maximum safety & fun. There is a fabulous skill showcase during the last day for parents and friends.

• Dates: Varies

Website: www.sancaseattle.orgPhone Number: 206-652-4433

Seattle Gymnastics Acadamy

• Website: www.seattlegymnastics.com

• Location: Columbia City, Lake City Way, and Ballard

Summer Camp for Kids with Special Needs

• In West Seattle, Community Care offers this camp, which welcomes youth ages 5 to 18 who have developmental disabilities, mental health or behavioral issues, or who receive special education. The camp seeks to offer safe, fun outdoor recreation and field trips while providing guidance and attention to behavior and special needs. Day camps run weekly all summer long.

• http://seattlecommunitycare.com/special needs.html

• **Dates:** June 23-August 28

• Cost: \$350-\$800

• **Phone number:** 425-224-5905

• Additional info: transportation is available

Outdoors for all

 This aptly named nonprofit encourages youth of all abilities to dig into outdoor sports and recreation. Outdoors for All's day camps focus on sports like kayaking, rock climbing, cycling and swimming. Camps employ a "challenge by choice" policy that invites participants to determine their own comfort level in any activity. Themed Outdoors for All camps meet all summer in Seattle and on the Eastside, and welcome campers ages 5 to 21

• Day Camp information:

http://www.outdoorsforall.org/documents/Programs/2014SummerDayCamp.pdf

• Email: info@outdoorsforall. org

• Phone: 206 838 6030 x200

Kiwanis Camp Casey

- "The best week of the year" is the lofty goal that Kiwanis Camp Casey has for its campers. This overnight camp on Whidbey Island serves kids ages 6 to 17 who have physical disabilities. Among other activities, campers get to swim in a heated pool, visit the beach and explore neighboring Fort Casey, a former coast artillery post.
- **Date**: July 27–August 2
- Campers include children with Cerebral Palsy, Spina Bifida, Muscular Dystrophy, amputees, and other physical limitations. Camp Casey is not appropriate for autistic children, children with behavioral issues, children with significant cognitive impairment, or children requiring intensive medical attention.
- Cost: This camp is fully funded by the Kiwanis Club, so it is free of charge!!

Camp Korey

- Camp Korey serves children with serious and life-altering medical conditions and their families at no cost. We provide year-round recreation programs specially designed to support the medical needs of campers while letting them just be kids and have fun.
- Cost: Free
- Location: 28901 NE Carnation Farm Road Carnation, WA 98014
- Website: http://campkorey.org/

Seattle Parks and Rec

- Seattle of Parks and Recreation Specialized Programs offers year-round activities
 for people with disabilities. The purpose is to provide recreational opportunities
 for individuals who may choose to participate in activities specifically designed
 and conducted by trained staff to best meet their needs. See website for specific
 programs.
- Website: www.seattle.gov/parks/specialpops/index.HTM

Little Bit Therapeutic Riding Center.

- At Dunmire Stables in Redmond, Little Bit Therapeutic Riding Center works its magic, with the help of four-legged equine friends. Through its therapeutic riding program, Little Bit strives to "improve the bodies, minds and spirits of children and adults with disabilities." Weekly summer day camps with this aim employ the same patient, caring horses and welcome all kids, with and without disabilities, ages 5 and up.
- Website: http://www.littlebit.org/